

Dryden Flight Research Center Health Unit & Fitness Center

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Dryden Flight Research Center

- Population of approximately 1250
 - About 1/2 are Contractors
- Civil Servant Medical Director/COTR
 - Responsible for Health Unit & Fitness Center
 - Performs FAA /Pilot flight physicals
- Interfaces with Many Disciplines
 - Safety
 - Security
 - Human Resources
 - Other Centers, e.g. JSC, KSC, HQ

Contract Staffing

- Health Unit
 - One FTE Clinician (Nurse Practitioner)
 - 2+ FTE Registered Nurses (90 hrs/week)
 - One FTE Receptionist/Secretary
- Fitness Center
 - One FTE Fitness Center Coordinator/Aerobics Instructor

DFRC Health Unit Services

- Emergency Response
 - ACLS capable
 - Average 18 responses per year
 - Approximately 2/3 are cardiac related
- Support for Shuttle landings
 - Currently on hold
- Clinical Services (average 8000+ encounters/year)
 - Workplace physical examinations
 - Workplace illnesses & injuries
 - Health Promotion

DFRC Health Unit

- Undergoing contract change
- Financial pressure to reduce expenditures
 - Pressure to reduce General & Administrative (G&A) funding
 - Still have strong support from Center Director
 - Nearest hospital is 45 min away
 - DFRC has aging population, with associated disease
 - ACLS (Emergency) response is important

DFRC Fitness Center

- Approximately 35 visits per day
 - 1/2 Civil Servants; 1/2 Contractors
- Three aerobics classes taught each day
- Some concerns about facility
 - Part of the motor pool building
 - No toilets or shower facilities
 - No Disabled Person access
 - No all-encompassing visual monitoring
 - Emergency Response time *possibly* an issue, with new fencing on-site

DFRC Fitness Center

- Plans (and location) have been developed for new Fitness Center
 - Close to Health Unit (Emergency Response)
 - Appropriate toilet/shower facilities
 - Disabled Person access
 - Could substitute as a decontamination facility
 - Valve to divert waste water to holding tank
 - Outside shower access
 - Separate ventilation system

DFRC Fitness Center

- Big issue is funding
 - G&A pressure
 - No new Construction of Facilities (C of F) \$
 - Fitness Center not *vital* to operation of DFRC
- If cannot correct existing problems, *may* need to CLOSE the Fitness Center
 - Employees have access to Edwards AFB gym
 - On base, 7 minutes by car
 - Open to Civil Servants and Contractors
- NO decision has been made yet

Conclusion

- Health Unit and Fitness Center are actively supporting the NASA mission
- Health Unit has doubled its annual number of encounters over past three years
 - No new staff
- Challenges ahead, but we remain optimistic in our future performance plans